Guidelines for Managing Stress

• Changing behaviors, thoughts and moods is a process that takes time. Do not look for quick fixes. Look for long term results.

• Do not try to change everything all at once! To start choose one or two areas to work on.

•Think about your choices. Take small steps. Choose situations that may bring immediate success and satisfaction. Don't tackle the biggest problem first.

•Expect some setbacks. Try not to become overwhelmed and overly discouraged by them. Remember to use your coping and stress management skills.

•Keep your self worth apart from your stress management efforts. What is most important is the trying and effort!

• Anticipate change in small areas initially. Most stressful situations need to be addressed individually.

• Keep a log or journal of your efforts and progress! It helps to focus your efforts and keeps you aware of what you are doing.

• Practice stress management techniques that you are learning. Develop a handful of strategies so that you have more than one to utilize at any given moment and circumstance.